

Publication Summary



NHS Smoking Cessation Services (Scotland)

1 January to 31 December 2014

Publication date – 30 June 2015

About this Release

The Information Services Division 'NHS Smoking Cessation Services Statistics (Scotland)' report provides evidence of the reach and success of smoking cessation services. This report provides an analysis of uptake and outcomes of these services for 1 January to 31 December 2014 and trend data for 2009 - 2014. The statistics in this report are based on 'quit attempts' made during that year.

Key Points

Quit attempts

- There were 73,338 quit attempts made with the help of NHS smoking cessation services in Scotland in 2014.^p This is a 31% reduction on 2013, where there were 105,950 quit attempts. However, this figure is likely to be revised upwards when late data submissions are received.
- An estimated 7% of the adult smoking population made a quit attempt with an NHS smoking cessation service in 2014.
- More (57%) of the quit attempts were made by women and, for both genders, the highest proportion of quit attempts was in the 45-59 years age group.
- In 2014, there were 2,876 quit attempts made by pregnant women. This represents a decrease of 73 on the 2013 figure of 2,949, though this may be partly accounted for by incomplete data submissions.

^p Provisional figure.

Outcomes

- One month after quit dates set in 2014, 35% were still not smoking and 17% had started smoking again. Smoking information was not available for the remaining 48%.
- Three months after quit dates set in 2014, 16% were still not smoking and 20% had started smoking again. Smoking information was not available for the remaining 64%.
- Twelve months after quit dates set in the previous year (2013), 5% were still not smoking and 24% had started smoking again. Smoking information was not available for the remaining 71%.

Smoking cessation services and treatments

- In 2014, as in previous years, most supported quit attempts (over 70%) were made through pharmacy services.
- Specialist smoking cessation services see fewer clients compared to pharmacies but they have amongst the highest percentage quit rates. They also have more complete follow up information compared to other services.
- Nicotine replacement therapy use is changing. In 2009, 69% of individuals reported just using a single product but by 2014, this had dropped to 35%. Over this time period, the use of more than one product increased from 9% to 47%.

Background

The national smoking cessation monitoring analyses produced by ISD are used to provide vital evidence of the reach and success of NHS smoking cessation services in Scotland. They are also used to monitor the smoking cessation HEAT (Health Improvement, Efficiency, Access and Treatment) target for NHSScotland.

Figures are based on total 'quit attempts', rather than total number of clients with a quit attempt, so could include repeat quit attempts for the same client. The data presented in the report are based on 'quit attempts' made/quit dates set during the year.

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Further Information

ISD has published an annual smoking cessation services monitoring report every year since 2007. The national cessation monitoring and analyses published by ISD are widely used across Scotland, and further afield. To find out more about what we publish on smoking cessation visit:

<http://www.isdscotland.org/Health-Topics/Public-Health/Smoking-Cessation.asp>

Further information on 2014/15 activity can be found in the [NHS Smoking Cessation Services \(Scotland\) report](#).

About ISD

Scotland has some of the best health service data in the world combining high quality, consistency, national coverage and the ability to link data to allow patient based analysis and follow up. Information Services Division (ISD) is a business operating unit of NHS National Services Scotland - and has been in existence for over 40 years. We are an essential support service to NHSScotland and the Scottish Government Health Department and others, responsive to the needs of NHSScotland as the delivery of health and social care evolves.

Official Statistics

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of 'Official Statistics'. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics. The Code of Practice is produced and monitored by the UK Statistics Authority which is independent of Government. Under the Code of Practice, the format, content and timing of statistics publications are the responsibility of professional staff working within ISD.

Further information on ISD's statistics, including compliance with the Code of Practice for Official Statistics, and on the UK Statistics Authority, is available on the [ISD website](http://www.isdscotland.org/About-ISD/About-Our-Statistics/) www.isdscotland.org/About-ISD/About-Our-Statistics/